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LAMONT Williams

Creating Your Own Success

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Section One

Introduction to Coaching

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This Coaching Workbook provides the process through which YOUR VISION OF GREATER SUCCESS BECOMES REALITY.

This work is about taking control of your life, time and money in ways you are not currently doing. It is about being the best you can be. It is about developing self-trust. It is about winning.

Christopher Morely said, "*There is only one success -- to be able to spend your life in your own way.*"

Are you where you thought you would be by this time in your life? Are you living the lifestyle you would really like to be living? Are you spending your time *your* way? No one cares about your life in quite the way you do, not even the people nearest and dearest to you.

You live in America. You have a lot of freedom to choose what you want to do with your life. And yet you have lived in a society which, for the most part, raised you to believe life is a struggle, business is difficult and competition is tough. If you do succeed - watch out! "It's lonely at the top," and "You have to watch your back."

THE PURPOSE OF THIS WORKBOOK is to show you exactly how to get what you want in your business and personal life. You *can live* your life your way. You will have the experience of being in control of your own life. I will show you how.

I help you create your personal Road Map to Success. I guide you, step-by-step, until you reach your destination.

This is done by making you very aware that you make choices and you get results. The life you are living today is the result of the uncountable choices you have made every day.

The reason you do not have everything you want in life and you are not living the lifestyle you would like to be living is because a barrier or barriers are keeping you from it. What are your barriers? The economy? Other people? Events beyond your control?

GOOD NEWS! The barriers are hiding somewhere in your mind. It only *looks like* something beyond your control. Because the barriers are inside you, awareness of them allows you to take action and do something different. You cannot take action on anything until you become aware it exists.

Through a very specific series of tools, exercises and workouts you are guided through the

experience of discovering your barriers, bringing them to the surface and overcoming them, so they are never there for you again. I will give you "barrier warnings" throughout the workbook, calling your attention to barriers you may be experiencing.

The tools and processes you will find here are experiential. It's rather like learning to swim. You can read about swimming; you can talk with people who have been swimming; you can buy a swim suit and put it on. But until you actually immerse yourself in the water, you will not have the experience of swimming. You will have your own experiences as you use the tools.

This workbook is designed to manage your growth through your unique and personal experiences. Effective use of the tools presented here will get you where you want to go. These tools work like a recipe: **Use the tools in the order and manner described later in this book and you will get what you want.** Use them differently - or not at all! - and you will get something else.

WARNING: When tools work this powerfully I have noticed that people will find excuses not to use them. Two of the all-time favorite excuses seem to be, "I don't know if this will work," and "I don't understand how this works."

I don't really know from one day to the next if my computer will retrieve my writing, yet if I insist on using the old Underwood, I would be the one to lose. I don't understand how my television remote control works, yet if I refuse to use it on that basis, I am the only one who is inconvenienced.

So it is with these tools. You can choose to use them and assume you will succeed or you can make up an excuse not to use them. (Any reason you state for not using the tools is an excuse.)

You are going to assume *something*, so you might as well assume something which supports you. Assume you will succeed.

SUMMARY: You can get what you want and live the lifestyle you want. All it takes is consistent use of the proven, effective tools presented in this workbook. Nothing is stopping you from using the tools.

LET YOURSELF WIN
LET IT BE EASY AND FUN

You will learn to shift your focus of attention to a more empowering and supportive place. Focus of attention is where you live.

Focus of attention creates your experience. What are you focusing on right now? Is that what

you want to be experiencing? If not, you have the power to shift your focus of attention to what you DO want to be experiencing.

You also have some very strong habits of the mind which, at times, may make shifting your focus of attention and staying shifted seem difficult.

In order to get different results, you must do things differently. In order to do them differently, you must think about them differently. This is the process of changing HABITS OF THE MIND. Through this process you become more and more aware -- more conscious of your thinking. Awareness is the first step toward change. When you become more aware you take the appropriate actions by using the right tools in the right way to change HABITS OF THE MIND.

Change, in order to be permanent, happens over time.

Time is the medium of change; therefore, changing a non-supportive habit of thinking into a supportive habit requires sustained attention over a period of time. Lamont Williams private coaching programs are thirteen weeks in length - not very long when looking at an entire lifetime. Some people experience permanent change sooner. In thirteen weeks of daily, consistent practice you will have made significant changes in your life. CHANGE

TAKES TIME.

You have chosen this workbook because you are ready to grow. You have chosen these methods as your vehicle to the next level of success. Having made this choice you are at a place where you are stronger than ever before - ready to handle whatever challenges lay before you. Therefore, KNOW you will have what you want.

New, supportive HABITS OF THE MIND will allow you to live life in more of the ways you truly desire.

SUMMARY: You can have what you want and live the lifestyle you desire. Awareness of your habits of thinking is the first step.

YOU DESERVE TO HAVE YOUR DREAMS COME TRUE

You will clear away doubt and confusion so you can

1. Decide what you want.

This is your life - every minute of every day. You are alive right now - what do you want to be experiencing?

2. Know you will have it.

You are beginning a program of change, redesigning yourself and your life. It is about recognizing and experiencing that you are in control.

You are not God; there IS a power in the Universe greater than you are - and you still have a lot of power to control your experiences.

What you have and don't have in your life today are the results of choices you have made. You have made those choices out of your HABITS OF THE MIND.

3. Do the work you enjoy with people who want what you have to offer.

As I write these words I can hear voices across the nation crying out, "Yeahbut . . . you don't understand . . . not in my case, Charli . . . My business is different . . . They won't return my calls...The economy is bad . . . It wasn't my fault that happened . . . It wasn't my fault my parents/husband/wife/children left me . . . It wasn't my fault my parents raised me wrong," and so on. My point is you can continue to "blame" forces outside yourself for your current lifestyle. You can continue to act as if you are a victim of the choices you have made in your life. OR . . .

Choose to acknowledge a position of power in your own life, beginning right now.

Notice where your HABITS OF THE MIND have taken you. Now decide if that is where you want to stay.

SUMMARY: You can have what you want and live